

TODAYS LESSON

Title: Understanding the health status of Australian Youth

Success Criteria:

- I can discuss the health status of Australian Youth using data to support my arguments

Youth is a traditional time, when a young person moves from a life of dependence to one of independence. With so much going on in relation to development it is easy to overlook the importance of youth health.

Data collected by organisations in relation to youth may overlap with other stages of the lifespan. Therefore some of the data we are going to look at may extend beyond 18 years of age.

According to the National Health Survey 2005 (ABS, 2006b), the majority of youth living in Australia (nearly 2.8 million) aged 15 – 24 years rated their health positively.

- **Almost 70% rated their health as being excellent or very good**
- **7% rated their health as poor or fair**

Health is influenced by a range of factors and, while the health of Australian's youth is generally rated as being good, the risk taking that is associated with youth development can pose a threat.

Many of the unhealthy lifestyles behaviours that are established during youth are:

- **Tobacco use**
- **Poor dietary habits**
- **Alcohol misuse**
- **Illicit drug use**
- **Physical inactivity – lead into adulthood**

Lets look more closely at the Health of Australian Youth.

Activity:

You are to analyse the data charts provided and write down the main points you can see (both positive and negative) on the sheet provided.

When you have analysed all the charts you need to write a paragraph discussing the health status of Australian youth.

Ensure you use the Data you just analysed to support your arguments.

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Title: Understanding the health status of Australian Youth

Success Criteria:

- I can summarise my understanding of the health of Australian Youth

Activity:

Complete the Summary Questions on page 65